

### How to Use Your Diskus® Inhaler

Your clinician has prescribed medication that comes in a Diskus inhaler. It is important that you know how to use the Diskus device so that you can take your medication correctly and breathe better.

**Important:** Before using your Diskus inhaler for the first time, make sure 60 appears in the dose indicator window on the side of the device. This window shows the number of doses left in the inhaler. The device counts down by 1 each time you open the mouthpiece cover.

To use your Diskus® inhaler, complete these steps:



1. Hold your Diskus inhaler in one hand, and put the thumb of your other hand on the thumb grip.



2. Slide the thumb grip back as far as it will go. The mouthpiece appears and clicks into place.



3. Hold your Diskus inhaler level, with the mouthpiece facing you.



4. Slide the lever away from you as far as it will go. You will hear a click. The medicine is now ready for you to take.

**Important:** Keep your Diskus inhaler level. If it tips, you may lose the dose of medicine.



5. Hold the inhaler away from your face, and then breathe out.

**Important:** Do not blow into the inhaler.



6. Place the mouthpiece between your lips, and then close your lips around the mouthpiece.



- 7.** Take one long, steady, deep breath through your mouth and the inhaler. Breathe in fast and deep.



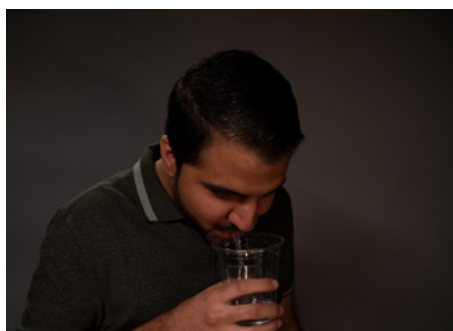
- 8.** Remove the inhaler from between your lips.  
**9.** Hold your breath for 10 seconds (or as long as you can).  
**10.** Breathe out slowly.



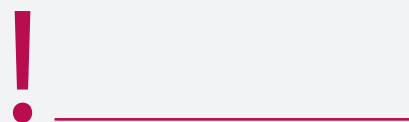
- 11.** Put your thumb on the thumb grip, and then slide the lever forward as far as it will go. You will hear a click. The Diskus inhaler is now closed.



- 12.** If the medicine you take is a corticosteroid, such as Flovent<sup>®</sup>, Beclovent<sup>®</sup>, Vanceril<sup>®</sup>, Aerobid<sup>®</sup>, or Azmacort<sup>®</sup>, rinse your mouth with water, and then spit the water out.



**Important:** Do not swallow the water.



When fewer than five doses remain in the Diskus inhaler, the numbers in the dose indicator will turn red to remind you to get a refill. When you have inhaled the last dose from the Diskus inhaler, the dose indicator window will show 0. Your inhaler is empty. Dispose of the empty inhaler properly. Keep the Diskus device and all medications out of the reach of children and pets.

### How to Tell How Many Doses Are Left in Your Diskus® Inhaler



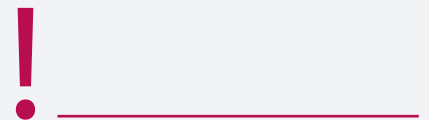
The Diskus inhaler's dose indicator window tells you how many doses of medication are left in the device.

The device counts down by **1** each time you inhale a dose.



When fewer than five doses remain in the Diskus inhaler, the numbers in the dose indicator window turn **red** to remind you to get a refill.

When you have inhaled the last dose in the Diskus inhaler, the dose indicator window will show **0**. Your inhaler is empty.



Dispose of the empty inhaler properly. Keep the Diskus device and all medications out of the reach of children and pets.